

Senior Center Gazette

October

2002

Annual Clothing and Gently Used Items Sale - Friday, October 4, 10:00 am to 2:30 pm

Calling all shoppers to the Senior Center Annual Clothing Sale! We will be offering clothing and accessories for men, women, and children, small household items, gifts and books. If you have donations of clean, salable items (no shoes or underwear please), bring them to the Senior Center the week of Monday, September 30. All proceeds benefit the Fremont Senior Center.



Oktoberfest Celebration and Lunch! Wednesday, October 16, 12 noon-\$5.00
Karl Lebherz will play his wonderful Oktoberfest music at the Celebration and Lunch on Wednesday, October 16 at 12:00 noon. Chef Riley is preparing a terrific menu of Sauerbraten with gingersnap gravy, Brautwurst and sauerkraut, Potato Pankakes with applesauce and sourcream, non-alcoholic beer, and German Chocolate Cake for Dessert. You don't have to be from Germany, to celebrate Oktoberfest at the Fremont Senior Center!

Holiday Boutique, Friday, November 1, 10 am- 2:30 pm.
Shop for wonderful gifts and decorations for the Holiday Season made by our own Senior Center Crafts Classes and other generous donors. Looking for a special necklace of the finest crystals, lovely quilted items, or wood products and toys? Our Crafters, Quilters, and Woodcarvers make terrific products. Shop at the Holiday Boutique for special gifts to be treasured by your family and friends.



Flu Shots, Monday, October 28, 9:00 am to 1:00 pm
Flu and pneumonia shots will be offered by Sutter VNA & Hospice nurses for people over 55 years of age. Flu injections are \$5 per shot and Pneumovax 23 (good for 6 years) is \$25. There is usually a crowd for flu shots, so please allow time for waiting for the shot and 10-15 minutes after the shot for clearance.



Birthday Party! Friday, October 11, 1:30 pm
Join in the festivities of our October Birthday Party. Country and Western entertainment by John Helm and the Baystrings Band. Whether October is your birthday month or not, come to enjoy the music and fun. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the

COMMUNITY SERVICES

SENIOR SERVICES	494-4550
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Caregivers Support	494-4268
Local van group trips for shut-ins	790-6607
Tri-City Elder Coalition	494-4896
LIFE ELDERCARE	494-4590
Home Services Registry	494-4576 or 494-4583
Meals on Wheels	494-4588
Friendly Visitor Program	494-4584
PARATRANSIT VAN Fremont/Newark	1-800-555-8085
Union City of Fremont	471-3232
HOUSING ASSISTANCE	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
SOCIAL SECURITY	1-800-SSA-1213
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	839-0393
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR PEER COUNSELING	494-4818
ALZHEIMER ASSOCIATION HOT LINE	1-800-660-1993

names of seniors present who have birthdays in October.

Second "Our Evening Out" on Monday, October 14, 5:00 pm
Caregivers of frail seniors and their loved ones are invited as guests to the second "Our Evening Out" for an Oktoberfest dinner and entertainment. Please RSVP by October 11 to Monica Dominguez, 574-2057 for tickets.

Halloween Lunch and Celebration, Thursday, October 31
Wear a costume and come for the Halloween Lunch and Celebration on Thursday, October 31, 12 noon. Prizes will be given and a spooky time will be had by all!



Speakers in October
Tuesday, October 8, 12:45 pm, Dave Brown of ECHO Housing, will speak on "Reverse Mortgages and Other Home Equity Conversion Alternatives." ECHO Housing is a nonprofit agency that educates and presents neutral and objective information that helps everyone understand the characteristics of reverse mortgages.

Tuesday, October 22, 1:00 pm, Shadia Merukeb, Victim Witness Consultant, Alameda County District Attorney's Elder Abuse Unit. Ms. Merukeb will be discussing unlawful abuse, the types of abuse, and the symptoms of abuse. She will have handouts on the ways that her unit can be helpful to victims of elder abuse and resources for victims.

Tuesday, October 29, 1:00 pm, Raymond, Churchill II, local attorney, will present a follow-up session on Spotting and Preventing Elder Abuse.

Information from the Office of the District Attorney of Alameda County, Elder Abuse Unit, reprinted with their permission:

- Did you know?**
- ★ Since 1900, the percentage of Americans over 65 has tripled. California has the largest number of seniors: over 3 million.
 - ★ Over 10% of Alameda County's population are over 65 years of age.
 - ★ Nationally, an estimated 40% of elder abuse victims are the victims of financial exploitation.
 - ★ 1 out of every 20 elder Americans are victims of elder abuse every year.
 - ★ Crimes against the elderly are under-reported, varying between 1 in 5 to 1 in 14 cases.

What is elder abuse?
It is unlawful to cause physical pain or mental suffering of an elder or dependent adult. It is against the law to permit the endangerment of an elderly or dependent person, to steal or embezzle their personal property; each of these crimes is punishable by imprisonment. (California Penal Code 368).

- Coming Next Month**
- ★ **Holiday Boutique, Friday November 1, 10 am- 2:30 pm.**
 - ★ **Veteran's Day Celebration, Friday, Nov. 8, 11 am, The Heroes of 76, Building the American Flag**
 - ★ **Birthday Party, Friday, November 8, 1:30 pm, John Helm and the Baystrings Band**
 - ★ **Speaker: Tuesday, November 12, 1:00 pm, Alise M. Mayeda, New York Life Insurance, "Helping to Reduce Taxes on Social Security Benefits."**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 494-4551 or (510) 494-4862.

